



RECREATION DEPARTMENT

The Heart of the Neighborhood



THERAPEUTICS

Volume 4 Issue 19

September / October

2006

Programming for Individuals
with Physical Challenges

Adaptive Programs

Leisure Bowling

Chula Vista Brunswick
Premier Lanes

845 Lazo Ct., Chula Vista

Sundays, September 17 - December 3

3:30 P.M. - 5:30 P.M.



Leisure Bowling is designed for active children, teenagers, and adults with developmental and physical disabilities.

No Bowling September 24 and November 26.

Members:

\$22.00 registration + \$6.00 weekly bowling fees

Resident:

\$25.00 registration + \$6.00 weekly bowling fees

Non-resident:

\$31.00 registration + \$6.00 weekly bowling fees

Weekly bowling fees must be paid in cash!

Adaptive Fitness

Otay Fitness Center

3554 Main Street

Mondays, Wednesdays
& Fridays

9:30 A.M. - 11:00 A.M.



This morning circuit workout program is designed for teens and adults, ages 16 and over, with physical challenges. Your workout will be with a personal trainer, fun, challenging and include a cardiovascular workout, strength training and toning.

Fee: Resident - \$42.00

Non-resident - \$53.00

For staffing purposes, you **must** notify the Therapeutics office before attending this program.

(619) 409-5800.

Wheely Sports

Otay Recreation Center

3554 Main St.

Wednesdays:

September 6, 13 & 20

October 4, 11 & 18

4:30 - 6:30 P.M.



Chula Vista Junior Xpress is a **free** wheelchair sports program that is designed for the independent, sports minded individual ages 6 – 17 years with permanent physical disabilities. Learn how to play various wheelchair sports.

Current sport:

SOCCKER

Hand Cycling

Greg Rogers School

510 E. Naples Street

Tuesdays, 5 week Session

October 17, 24, November 7, 14 & 21

3:30 P.M. – 5:30 P.M.

New Session!!

This introductory hand cycle program is designed for first time riders. Conducted on the Greg Rogers School grounds, the program is for children ages 7-12 years with physical disabilities. Participants will learn how to independently ride and operate a hand cycle while increasing their upper body strength and endurance. **Class size is limited to 10 participants.**

Cost: Resident - \$15.00

Non-resident - \$18.75

Community Collaboration Programs

28th Annual World Championship Wheelchair Over-The-Line Tournament

September 23 & 24
National City Marina
(Parking Lot J)
Registration/Check-in 7:00-9:00 a.m.
No team registration after 9:00 a.m.

Presented by
Old Mission Beach Athletic Club

For more info: (619) 589-9549

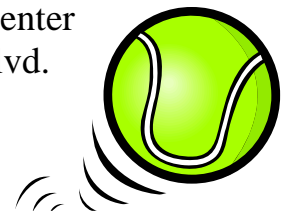
U.S. OPEN Wheelchair Tennis Championship

October 3 - 7
9:00 a.m. - 5:00 p.m.

October 8 - 9
9:00 a.m. - 1:30 p.m.

Barnes Family Tennis Center
4490 W. Point Loma Blvd.

Spectators Free!



Grossmont Hospital

**Grossmont Recreation Therapy
5555 Grossmont Center Dr.
La Mesa
Contact: Recreational Therapist
(619) 644-4104**

Various activities including Gentle Fitness,
Arthritis Aquatic Program, Support
Groups, Aquacise, Adaptive Aquatics
Program, SPLASH, and
Adaptive Golf Clinic.



Various age groups.
Including programs for
stroke survivors.

St. Madeleine Sophie's Center Aquatic Training Center

Aquatic classes for children
and adults of all ages and
abilities.

Year round program.

Private or group.

Waiting list for swimming lessons.

Monday through Friday public swim:

11:30 a.m. - 12:30 p.m.

Aquatic exercises for arthritis:

Tuesday and Thursday

10:30 a.m. - 11:30 a.m.

For information, call:

(619) 442-1919



Community Access Program

The Community Access Program (CAP) is a recreational project designed to provide social/leisure opportunities for individuals who need specialized accommodations in order to participate. CAP partners with the Chula Vista Recreation Department once a month and provides door-to-door wheelchair accessible transportation and one-to-one supervision for selected Therapeutic activities - at no charge. A monthly calendar of CAP events can be viewed at www.cheneweth-foundation.org.

For details call: the CAP office:
(619) 267-7054

Inclusion Philosophy

The City of Chula Vista Recreation Department is dedicated to serving the needs of the community through inclusive programming. Persons with special needs are encouraged to participate in Department programs. 2 week notice required for assistance.

Recreation Supervisor, Carmel Wilson, C.T.R.S.
at (619) 409-5800.

SPECIAL THANK YOU TO THE FOLLOWING:

Von's Grocery

Travis Stratton
505 Telegraph Canyon Rd.
Chula Vista, CA 91911

**NICE GUYS
OF SAN DIEGO, INC.**
P.O. Box 881456
San Diego, CA 92168

Blackie's Trophies & Awards

Mr. Bill Black
263 3rd Ave.
Chula Vista, CA 91910
(619) 585-4830

North Island Credit Union
Mrs. Susan Skillman
45 North Broadway
Chula Vista, CA 91910
(619) 656-7274

Athletes Helping Athletes
Fiona
5549 Copley Drive
San Diego, CA 92111

DPR - Construction, Inc.
Mr. Eric Cusik
6333 Greenwich Dr.,
Suite 170
San Diego, CA 92122
(858) 597-7070

Food-4-Less
Kye Downey
660 Palomar St.
Chula Vista, CA 91911



**CITY OF
CHULA VISTA**

**Recreation Department
Therapeutics Section
Parkway Community Center
373 Park Way
Chula Vista, CA 91911
Phone: (619) 409-5800
www.chulavistaca.gov/rec**